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# SERVING MANY

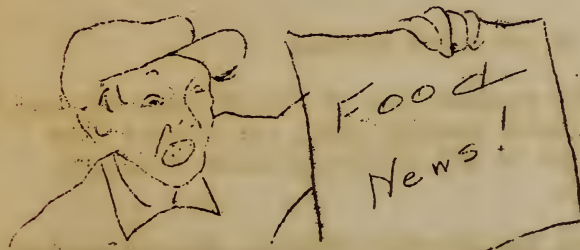
Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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U. S. DEPARTMENT OF AGRICULTURE



The news from the food front is good this month because several popular foods will be abundant in national supply. Some of these foods which will interest industrial feeding operators are, oranges, white potatoes, eggs, turkeys (toms), cabbage, and rolled oats.

Oranges and white potatoes will be plentiful in the growing districts and adjacent States. Transportation facilities are limited for perishable foods, and distribution to States a considerable distance from the growing areas of oranges and white potatoes may restrict supplies in some markets.

## USING CITRUS FRUITS IN INDUSTRIAL FEEDING

The National Research Council's Food and Nutrition Board and Government and private nutrition surveys indicate that American workers' dietaries often are deficient in ascorbic acid (vitamin C). These surveys show that nearly one-half of the employees in certain plants consume less vitamin C than the 75 milligrams per day advocated in the National Research Council's dietary allowances.

One of the reasons that many workers eat too little of citrus fruits and tomatoes is that too many of them go to work without breakfast or with an inadequate breakfast. Others drink a hot beverage and eat toast, sweet rolls, or doughnuts and believe that they are well nourished. Of course, this is not true as a breakfast for an industrial worker should include a citrus fruit, citrus fruit juice, or tomato juice as a beginner, one or two eggs, whole-grain or enriched cereal, and whole milk. How much a worker eats depends on how far he has to travel to work, and how hard he must work on the shift. Dietitians and food service managers in industrial plants should keep plugging for better breakfasts for workers (and themselves).

The National Research Council's report on "Inadequate Diets and Nutritional Deficiencies in the United States" in 1943 contains the statement that unless citrus fruits and citrus fruit juices are consumed at breakfast, the diet is likely to be deficient in vitamin C. This should challenge industrial dietitians and managers to: Serve breakfasts, when possible; to provide chilled citrus fruit juices and tomato juice at the cafeteria counter; to supply oranges, tangerines, and grapefruit at the snack counter; to plan fruit salads containing citrus fruits; to serve desserts made with citrus fruits and juices, frequently. In other words you should help the worker to get vitamin C at the plant if he doesn't get his allowance at home.

Remember that whole tomatoes, canned tomatoes, and tomato juice are excellent sources of vitamin C, and they contain about one-half as much ascorbic acid per 4-ounce unit as oranges and grapefruit. Use tomatoes freely, fresh and canned, as a vegetable, in salads, as an appetizer, in sauces, and as a flavoring for other food dishes.

Cabbage also is a good source of vitamin C, as are salad greens.

During the war, the English gave vitamin C the popular name of "the fitness vitamin," because it is essential to strong bones and teeth, healthy gums, and general body fitness. During the war England imported close to 100 million gallons of concentrated citrus juices for mothers and children.

The menus for special lunches for February and the attached recipes suggest ways of using citrus fruits, tomatoes, and cabbage for workers' meals.

#### PLENTIFUL FOODS FOR FEBRUARY

Eggs will be freely available in February throughout the country. Use them in main dishes, salads, and desserts. Some suggested ways of using eggs are included in the Special Lunch Menus for February.

Cabbage will be universally plentiful this month. It is a relatively inexpensive food, so use it in salads and uncooked relishes, such as "Philadelphia Relish" and as a cooked vegetable. Steamed cabbage with lemon-butter (or margarine) and "Creole Cabbage" with tomatoes, onions, and green peppers are "different" flavor treats. Recipes for these may be found in your files of "Serving Many" - April and September 1945 issues.

By the way, do you clip and mount these recipes or copy them on your recipe card file?

Rolled oats are abundant and a very inexpensive food. Try using them in cookies, muffins, oatmeal bread, and as an "extender" and binder in meat loaves and patties instead of bread crumbs. A recipe is attached for "Oatmeal Squares" - a delicious cookie.

If you are in an area where turkeys are abundant, consider serving at least one more "turkey special" before winter turns into spring.



# RECIPES

## Orange Chiffon Pie

Ingredients	Amounts	
	100 portions	500 portions
	15 pies X 7	72 pies X 7
Plain granulated gelatin	1 cup	5 cups
Cold water	1 quart	5 quarts
Eggs*	60 (5 dozen)	340 (20 dozen)
Granulated sugar	7 pounds	35 pounds
Orange juice*	2 quarts	10 quarts
Lemon juice	8 ounces	1-1/4 quarts
Grated orange rind*	1/2 cup	3 cups
Grated lemon rind	1/2 cup	2 cups
Salt	1 ounce	4-1/2 ounces

Size of portion - 1/7 of 10-inch pie.

### Method:

1. Separate egg whites from yolks.
2. Soften gelatin in cold water.
3. Beat egg yolks until light and add half of the sugar and the salt and lemon and orange juices. Cook over boiling water or in a pastry kettle until of custard consistency. Add gelatin and grated fruit rinds to custard and stir until combined. Cool.
4. When the mixture begins to thicken fold in the egg whites whipped to a meringue with the other half of the sugar.
5. Fill baked pastry shells or graham cracker crusts.
6. Top with thin layer of whipped cream if desired.

## Baked Orange Custard

Ingredients	Amounts	
	100 portions	500 portions
Milk	8 quarts	40 quarts
Eggs*	36 (3 dozen)	180 (15 dozen)
Sugar	2-1/2 pounds	12 pounds
Orange* juice, strained	1 quart	5 quarts
Lemon juice, strained	3/4 cup	1 quart
Grated orange rind, lightly grated	2 tablespoons	1/2 cup
Salt	1 ounce	5 ounces

Size of portion - 4 ounces

1. Grate orange rind lightly, taking off only the colored part and none of the white.
2. Prepare and strain the orange juice.
3. Beat the eggs until mixed, add the sugar, orange and lemon juice, rind, and salt and continue beating until blended.
4. Combine the milk with the egg mixture and pour into custard cups. Place cups in baking pan surrounded with hot water.
5. Bake in a slow oven at 300° F. for 50 minutes to 1 hour, or until a silver knife blade inserted in the center comes out clean.

Oatmeal Squares

Ingredients	Amounts	
	100 portions	500 portions
Fat (cooking fat or poultry fat or clarified drippings)	8 ounces	2 pounds, 8 ounces
Granulated sugar	1 pound	5 pounds
Eggs*	3	15
Sour coffee cream (or sour whole milk)	12 ounces 1/2	1-3/4 quarts
Maple flavoring	1-1/2 teaspoons	1 ounce
Flour, pastry or cake	1 pound	5 pounds
Salt	1/2 ounce	2 ounces
Baking Soda	1/2 ounce	2-1/2 ounces
Cinnamon	1 tablespoon	1 ounce
Dry sifted bread crumbs	4 ounces	1 pound, 4 ounces
Rolled oats	10 ounces	3 pounds
Raisins, washed and patted dry	1 pound	5 pounds
Nuts, walnuts or pecans, chopped	3 ounces	1 pound

1/ If sour whole milk is substituted for sour cream increase the fat to 14 ounces.

Yield - about 6 pounds batter making approximately 1-1/2 dozen cookies per pound, or 6 dozen cookies.

Method:

1. Cream fat, add sugar and maple flavoring and blend until creamy.
2. Beat the eggs until light and add the sour cream.
3. Sift the flour, baking soda, cinnamon, and salt, twice; stir in the rolled oats and crumbs.
4. Add the egg-milk mixture to the fat alternately with the flour mixture, stirring well after each addition.
5. Mix raisins and chopped nuts and stir quickly into the batter.
6. Spread mixture evenly 1/2-inch deep on a greased baking sheet.
7. Bake in 350° F. oven for from 12 to 15 minutes until delicate brown. Cool partially, then cut into pieces about 1-1/2 to 2 inches square.





# MENUS

These menus suggest ways of using oranges, eggs, white potatoes, cabbage, and rolled oats. Foods which will be in abundant supply during February are indicated by asterisks. Recipes for special dishes included in publications of the Industrial Feeding Division are indicated by footnotes.

1.

Fried Liver  
Scalloped potatoes\*  
Shredded carrot and cabbage\*salad  
Enriched bread and butter or  
fortified margarine  
Orange custard 1/  
Milk or other beverage

3.

Pot roast with brown vegetable gravy 2/  
Steamed potatoes\*  
Brussels sprouts  
Enriched bread with butter or  
fortified margarine  
Canned fruit with oatmeal squares\* 1/  
Milk or other beverage

5.

Fish cakes with egg\*sauce 2/  
Parsley buttered potatoes\*  
Tossed green salad with French dressing  
Corn bread with butter or  
fortified margarine  
Orange\* chiffon pie 1/  
Milk or other beverage

7.

Braised beef with tomatoes and onions 2/  
Creamed potatoes  
Raw vegetable salad (shredded carrot,  
turnip slices, green pepper rings,  
leaf lettuce)  
Enriched bread with butter or  
fortified margarine  
Ice cream or sherbet  
Milk or other beverage

9.

Meat pie 2/  
Parsley buttered cauliflower  
Mashed potatoes\*  
Pickle relish  
Enriched bread with butter or  
fortified margarine  
Orange\* or lemon chiffon pudding  
(use attached recipe)  
Milk or other beverage

2.

Lamb stew (with carrots, potatoes\*,  
and onions) 2/  
Diced oranges\* on cabbage\* and  
green pepper slaw  
Whole wheat bread with butter or  
fortified margarine  
Sponge cake with rainbow icing 3/  
Milk or other beverage

4.

Citrus fruit juice\*  
Meat biscuit roll 2/  
Buttered spinach or other greens with  
hard-cooked egg slices  
Whole-wheat bread with butter or  
fortified margarine  
Ice cream  
Milk or other beverage

6.

Roast pork shoulder with apple dressing  
Mashed potatoes\* with gravy  
Green beans  
Rolled oat\* muffins with butter or  
fortified margarine  
Fresh fruit sup (oranges\*, pears, and  
grapefruit)  
Milk or other beverage

8.

Scrambled eggs\* with bacon 2/  
Creole cabbage\*  
Hashed brown potatoes\*  
Whole-wheat bread with butter or  
fortified margarine  
Deep dish apple pie (try a few drops of  
lemon juice with winter apples)  
Milk or other beverage.

10.

Cheese souffle 2/  
Buttered broccoli  
Baked potatoes\*  
Whole-wheat bread with butter or  
fortified margarine  
Chocolate layer cake with vanilla  
cream filling  
Milk or other beverage

11.  
Swiss steak 2/  
Creamed potatoes\*  
Baked Hubbard squash  
Whole-wheat bread with butter or  
fortified margarine  
Chilled soft custard over diced  
oranges\* 3/  
Milk or other beverage

13.  
Boiled tongue with horse radish sauce  
Scalloped potatoes\*  
Buttered frosted peas  
Enriched roll with butter or  
fortified margarine  
Ice cream with tutti-frutti sauce  
(include orange\*)  
Milk or other beverage

12.  
Cream of tomato soup with crackers  
Stuffed egg\* salad garnished with  
carrot sticks and green pepper  
rings  
Whole-wheat muffins with butter or  
fortified margarine  
Gingerbread with warm apple sauce  
Milk or other beverage

14.  
"Porcupine" meat balls 2/  
Lyonnaise potatoes  
Tomato aspic with diced celery and  
chopped green pepper  
Enriched bread with butter or  
fortified margarine  
Chocolate blanc mange  
Milk or other beverage

15.  
Baked fish with lemon slice  
Parsley buttered potatoes\*  
Steamed cabbage\* with parsley butter  
Whole-wheat bread with butter or  
fortified margarine  
Pumpkin pie  
Milk or other beverage

1/ See attached recipes.

Publications may be obtained from the Production and Marketing Administration,  
U. S. Department of Agriculture, Washington 25, D. C. Free of charge.

2/ "Making the Most of Meats in Industrial Feeding."

3/ "Saving Sugar in Industrial Feeding."



## CLEANING REACH\*IN REFRIGERATORS

Efficient refrigeration depends on good circulation of cold, dry air.

Maintaining the fine flavor of foods stored in the refrigerator results from assembling foods in the proper variety in a single unit. For example, dairy products should not be stored in the same box with highly flavored fruits such as cantaloup. Fish and spiced smoked meats should be kept away from mild-flavored foods such as cut butter, cottage cheese, and cream. Strong-flavored foods should be wrapped or covered. Fluid foods should be stored in covered containers.

1. Keep the walls of compartments dry by placing food supplies so as not to interfere with the cold air circulation. The warm air must rise to the top and the cold air must fall toward the bottom of the chamber.
2. Place foods needing lower refrigerating temperatures on the lower shelves of the ice box, and those requiring a higher storage temperature on the upper shelves. For example milk, butter, cheese, and meats should be stored in the coldest part of the compartment.
3. Avoid overloading the food compartments. Keep foods covered. Wrap exposed surfaces of fruits and vegetables and cheese in waxed paper.
4. Leave enough room between foods to allow for a free circulation of air.
5. Do not allow ice box doors to remain open longer than the time required to remove or store foods.
6. Maintain a constant temperature in the refrigerator by defrosting the pipes regularly. They should be defrosted whenever as much as 1 inch of ice collects on the pipes.
7. Clean defrosted pipes and refrigerator shelves and walls thoroughly before the refrigerant is turned on again.
8. Remove the shelves and wash in neutral soap suds cleaning with a stiff brush. Rinse thoroughly in clean hot water and dry before replacing them.
9. Flush drains thoroughly with a hot solution of washing soda and water to clean and sweeten them.
10. Keep power belts in alignment to avoid friction and wearing. Check them daily.
11. Arrange for regular draining and flushing of the oil pump. Refill it with fresh oil.
12. Oil the moving parts regularly but do not let the oil come in contact with leather or rubber parts.
13. Request regular maintenance of motors because dirty motors have less power.
14. Clean condensers once a week using a stiff brush.
15. Repair door gaskets as soon as they show signs of wear, so that doors will close tightly.

THE HISTORY OF THE UNITED STATES

CHAPTER I. THE DISCOVERY OF THE CONTINENT.

It is a matter of fact, that the first discovery of the continent of North America, was made by Christopher Columbus, in the year 1492. He was a Genoese merchant, who had been employed by the Spanish monarchs, Ferdinand and Isabella, to find a new route to the Indies. He sailed from Spain on the 3rd of September, 1492, and after a voyage of thirty-three days, he discovered the island of San Salvador, on the 12th of October. This was the first of the many islands which he discovered, and which he named the Indies.

From the island of San Salvador, Columbus sailed to the island of Cuba, and then to the island of Hispaniola. He remained in Hispaniola for several months, and then sailed back to Spain. He was received with great honors, and was made a knight of the Order of St. James.

Columbus's discovery of the continent of North America, was a great event in the history of the world. It opened up a new world to the Europeans, and led to the discovery of many other parts of the world. It was the beginning of the great age of discovery.

After Columbus's discovery, many other explorers sailed to the Americas. They discovered many other islands and continents, and the world was opened up to the Europeans.

The discovery of the Americas, was a great event in the history of the world. It led to the discovery of many other parts of the world, and the world was opened up to the Europeans.

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